

# Cheshire KIDS FUN DUATHLON

**9th May 2026**

**Start from 12:00pm**

*Please check your race email for your individual start time*

**Barony Park & Nantwich Leisure Centre**

**Nantwich**

**Cheshire**

**CW5 5QY**

**what3words: mulled.disco.composes**

**Parking is £2.00 cash only  
and is donated to our official  
local charities.**



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# Race Day Information 2026

## Welcome

Please read this Race Day Information Pack prior to the event day to ensure you arrive fully prepared.

## Race Day Checklist

- Race number (can be found on your race day email)
- Appropriate clothing - Shorts and T-shirt (or something a little warmer if the weather isn't so kind!) are absolutely fine to wear or a tri-suit is also permitted. You can also purchase an official UK Triathlon event T-Shirt at the event.
- Additional clothing for wet/cold weather
- Cycle (any type of cycle can be used as long as it is road worthy)
- Cycle/Running Shoes (bare foot running is not permitted)
- Cycle helmet
- Drinks bottle
- Elastic race number belt (optional but available to purchase next to registration)
- Sunglasses
- Cycle tools/puncture kit (if desired)
- Running cap (optional)

## Distances

Race	Run	Cycle	Run
Tin	100m – 1 lap (short course)	1k – 1 lap	500m – 1 lap
Zinc & Zinc Relay	200m – 1 lap	1k – 1 lap	500m – 1 lap
Steel	200m – 1 lap	2k – 2 laps	1000m – 2 laps
Bronze & Bronze Relay	400m – 2 laps	3k – 3 laps	1500m – 3 laps
Silver	400m – 2 laps	4k – 4 laps	2000m – 4 laps
Gold & Gold Relay	600m – 3 laps	4k – 4 laps	2500m – 5 laps

## Travel & Parking

- Sat Nav postcode is CW5 5QY / what3words mulled.disco.composes, on arrival please follow the Triathlon parking signs.
- Parking is available on the Barony Park next to registration and the event arena.
- Parking is £2.00 cash only and is donated to our official local charities.
- Parking will be open from 11:30am-4pm - all cars must be off the event field by this time

## Where are the toilets & changing facilities

Toilets and changing facilities are available at the Barony Park Sports Complex next to the car park.



## *From the car park follow the signs 'To the Triathlon'*

### ***Registration***

- Registration is located in the orange Mornflake marquee
- Please arrive at least 60 minutes before your child's start time to familiarise yourselves with the layout of the event.
- At registration you will be asked for your child's race number (which can be found on your email), once your details have been checked you will be handed a race envelope and an instruction sheet, please read this carefully.
- Registration will be open from 11:00am.

### ***Race Envelope***

At registration you will receive a race envelope containing:

- Race Number x1, Cycle Sticker x1, Helmet sticker x1, Numbered Wristband x1 (for parent or guardian if required)
- Safety pins will not be enclosed however they will be available if required.



### ***What to do with your Race Envelope contents***

- **Wristband**, you will be issued with one wristband that the supporting parent/guardian must wear, if helping a competitor. This will permit access into the Cycle Transition Area. It's fine if you are responsible for several children, just wear all numbered wristbands corresponding to the children.
- **Bike number sticker**, attach to the front handlebar stem.
- **Helmet sticker**, attach to the front of the helmet.
- **Race Number**, the race number must be worn on the front throughout the duration of the duathlon.
- It is good practice to write; name, emergency contact number, blood group (if known) and any allergies on the back of the race number.
- You must not re-size your race number in any way.

### ***Important Cycle Care Information***

Make sure your cycle brakes and gears are all in perfect working order for race day.

Available is a pre race check for only £10, payable on the day by cash or card and takes approximately 15 minutes. Booking a time slot is essential as there is no guarantee on the day. Contact Cycle Mechanic Craig on Whatsapp 07748 053009 with your name, race, preferred day and time for availability.

Mechanic availability Saturday 11am to 4pm.

There will be a self-service cycle station at the event. It has track pumps, specific cycle tools, tyre levers and a cycle stand.

Inner tubes will be on sale in the UK Triathlon store next to registration. You should however carry a spare inner tube which specifically fits your wheels.



*From Registration follow the signs 'Transition Entrance this way'*

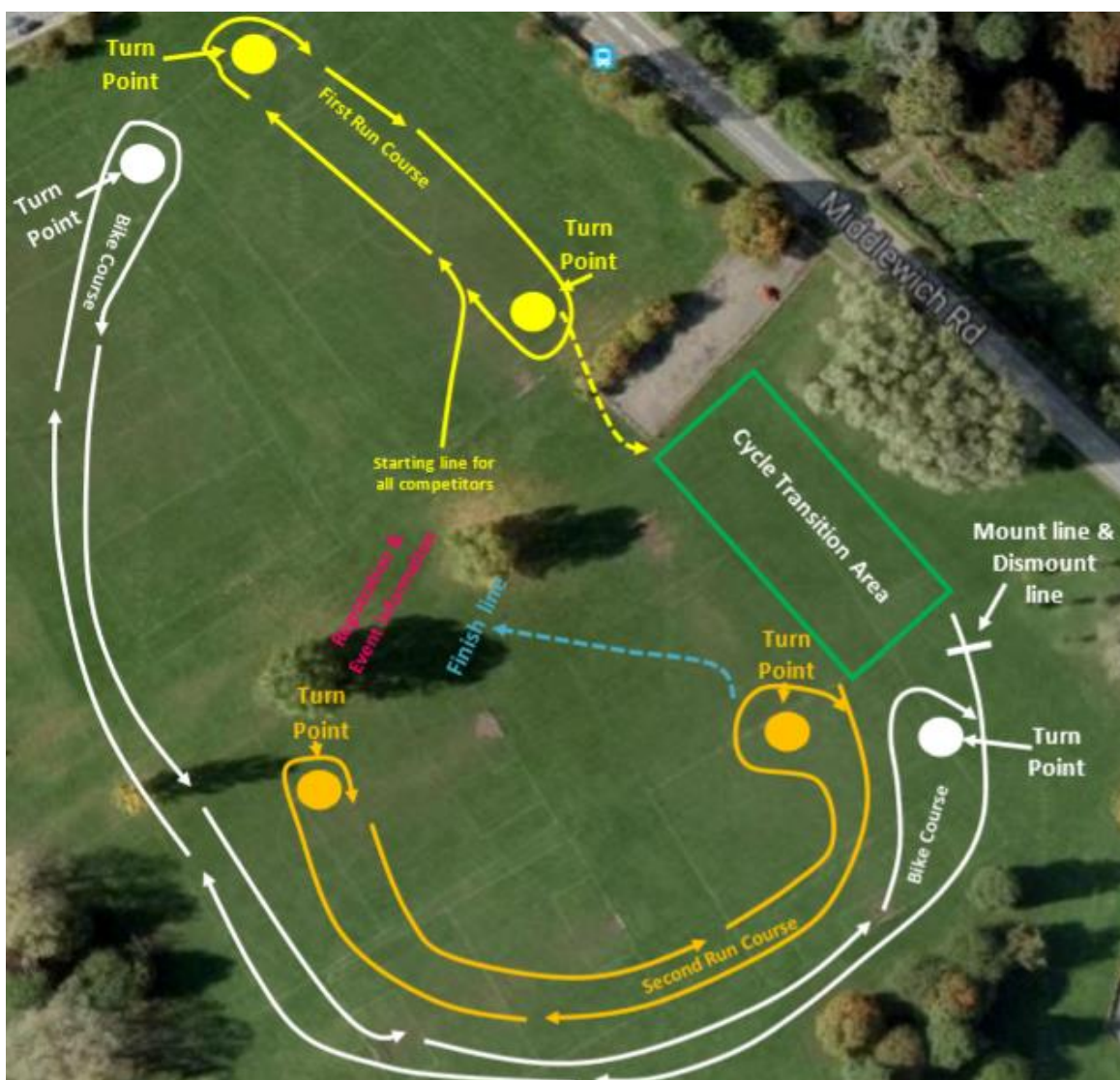
## ***Cycle Transition Area***

- Supporters must wear the supplied wristband to gain entry into the Cycle Transition Area.
- Once registered, take the cycle along with anything else required for the cycle and second run.
- The white tape denotes a racking position.
- Please note, although we allocate security staff to the Cycle Transition Area, we cannot be responsible for any items lost or stolen.

*Please be at the start line 10 minutes before your start time for the compulsory race brief.*

## ***At the Start Line***

- Please position in number order at the start line.
- The starter will countdown to the start.
- Blue Asics sail flags will mark the start line.



## ***Run 1***

- The run is entirely on grass. The course is completely post & taped and within the grounds of Barony Park, making it very safe for competitors to negotiate the course. There will be safety marshals positioned on the course.
- It is you or your child/childrens responsibility to count the correct amount of laps on the run. Parents/guardians may help do this.
- Once Run 1 is completed, head into the Cycle Transition Area to collect the cycle.

## ***Cycle***

- Please walk or run to the cycle mount line and commence the cycle section (no cycling in the transition area).
- The cycle course is entirely on grass around Barony Park. The course is completely post and taped making it clear to follow. Parents and guardians can follow their child for the cycle if they wish but are not allowed on the actual course.
- It is yours or your child/childrens responsibility to count the correct amount of laps on the bike. Parents/guardians may help do this.
- Cycles must be dismounted at the end of the course and be placed back on the rack in the Cycle Transition Area.

## ***Run 2***

The run is entirely on grass. The course is completely post & taped and within the grounds of the Barony Park. Parents and guardians can follow their child for the run if they wish but are not allowed on the actual course.

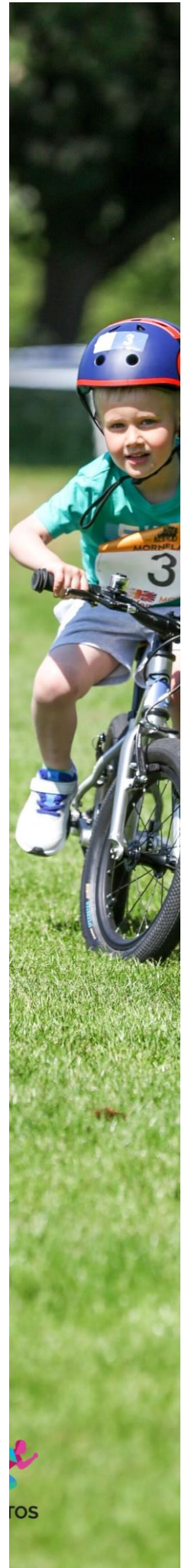
It is yours or your child/childrens responsibility to count the correct amount of laps on the run. Parents/guardians may help do this.

There is a drinks station during the run course and at the finish line that will be serving water.

Once the correct amount of laps are completed, head down the finish straight and through the Mornflake inflatable finish gantry.

## ***Relay***

- Each member of the relay team completes one or two of the three disciplines of the duathlon.
- After completing run 1, the runner heads into the Cycle Transition Area where the cyclist can then begin.
- When completed the cyclist must rack their cycle and the runner may start the second run.
- The runner completes the second run; the other team members can join the final runner at the gap of the pedestrian crossing so they can all cross the finish line together and receive their medals.



## ***Further Information***

### ***Timing***

This event is intended for all abilities to complete the challenge of the duathlon and therefore we don't publish results in fastest to slowest order, instead they are published in alphabetical order by surname. We believe this is important to encourage all children to take part without the pressure of coming last or not doing as well as other children. Every child will be a winner of the Cheshire Kids Duathlon. We will take an overall time for each competitor. Results will be published later the same day on our website [www.uktriathlon.co.uk](http://www.uktriathlon.co.uk).

### ***Finisher's Medal***

There is a commemorative 2026 medal for all finishers.

### ***Photography & Filming***

UK Triathlon and our official event photographers, My Sport Photos, will be filming/taking photos to capture your child's best sporting moments. Images may be used for promotional purposes so remember to smile and wave at the camera! Images taken by My Sport Photos will be available to purchase post event. An email will be sent to you once the photos are available. For any photography inquiries please contact [info@mysportphotos.co.uk](mailto:info@mysportphotos.co.uk) or [www.mysportphotos.co.uk](http://www.mysportphotos.co.uk).

### ***Health & Wellbeing***

If your child is suffering from any kind of bad chest, cold, sore throat or ear infection we advise they do not take part.

### ***Hydration***

Make sure your child/children are sufficiently hydrated before the event.

### ***Can my friends and family spectate***

Yes! Friends and family are welcome to spectate on the Barony Park.

### ***Illegal Equipment***

For your safety and the safety of other competitors, certain items are banned during the event as well as in the cycle transition. This includes any music, headphones, headsets, technical earplugs (including bone conduction headphones), mobile phones and personal video recording devices.

### ***Littering***

Littering is prohibited during the event. Please use the bins at the feed stations or at the venue.

### ***Race Format***

UK Triathlon reserve the right to alter the date, start time, venue or format of an event. Similarly, changes to the event may occur due to adverse weather conditions, 'acts of God', water conditions or emergency road closures. Participants will be notified as soon as possible of any changes. As long as the event is staged no refunds or transfers can be given.





# CALENDAR 2026

## APRIL

### 19 STRATFORD TRIATHLON

2 distances, pool based  
Stratford Upon Avon,  
Warwickshire.

## MAY

### 09 CHESHIRE KIDS DUATHLON

6 distances, for 5 to 16yrs  
Barony Park, Nantwich

### 10 CHESHIRE TRIATHLON

2 distances, outdoor pool  
Barony Park & Nantwich  
Leisure Centre, Cheshire

### 16 GLASGOW TRIATHLON

+ Kids Triathlon  
3 distances, pool based  
Bellahouston Park

### 30 HENLEY KIDS TRIATHLON

6 distances, for 5 to 16yrs  
Henley Leisure Centre,  
Henley-on-Thames,  
Oxfordshire

### 31 HENLEY TRIATHLON

2 distances, pool based  
Henley Leisure Centre,  
Henley-on-Thames,  
Oxfordshire



## JUNE

### 13 SHROPSHIRE TRIATHLON

2 distances, lake swim  
The Mere, Cremorne  
Gardens, Ellesmere,  
Shropshire

### 14 ULTIMATE 150 TRIATHLON

3km S - 117km B - 30km R  
Lake swim  
The Mere, Cremorne  
Gardens, Ellesmere,  
Shropshire

### 14 ULTIMATE 100 TRIATHLON

2km S - 78km B - 20km R  
Lake swim  
The Mere, Cremorne  
Gardens, Ellesmere,  
Shropshire

**CLUB DISCOUNTS  
AVAILABLE SAVE  
UP TO 15% OFF**

### 14 ULTIMATE 50 TRIATHLON

1km S - 39km B - 10km R  
The Mere, Cremorne  
Gardens, Ellesmere,  
Shropshire

### 27 CALDICOT TRIATHLON

+ Kids Triathlon  
3 distances, pool based  
Caldicot Leisure Centre,

## AUGUST

### 01 BIRMINGHAM TRIATHLON

+ Kids Triathlon  
3 distances, pool based  
King Edward's School,  
Birmingham

### 15 YORK KIDS TRIATHLON

6 distances, for 5 to 16yrs  
York Sport Village, York

### 16 YORK TRIATHLON

2 distances, pool based  
York Sport Village, York

## SEPTEMBER

### 05 ALDERFORD KIDS TRIATHLON

5 distances, for 7 to 16yrs  
Alderford Lake, Whitchurch

### 06 ALDERFORD TRIATHLON

3 distances, lake swim  
Alderford Lake, Whitchurch

### 19 NORTH WEST KIDS DUATHLON

6 distances, for 5 to 16yrs  
Barony Park, Nantwich

### 20 NORTH WEST TRIATHLON

2 distances, outdoor pool  
Barony Park & Nantwich  
Leisure Centre, Cheshire

## OCTOBER

### 04 WARWICKSHIRE TRIATHLON

2 distances, pool based  
Stratford Upon Avon,  
Warwickshire.

# OFFICIAL RACE UK Triathlon MERCHANDISE

## KIDS OFFICIAL HOODIES £25



£13

## KIDS TEES



KIDS CAPS £8

# Craven Complete Professional Massage Service

We are your experts in providing pre- & post-race massage services



## Pre-Race Massage

"To ease those aches, loosen joints and prepare you for the big day.

You will leave us feeling refreshed and ready to go!

£20



## Post-Race Massage

Improve your recovery, remove the lactic acid, and get back to training faster.

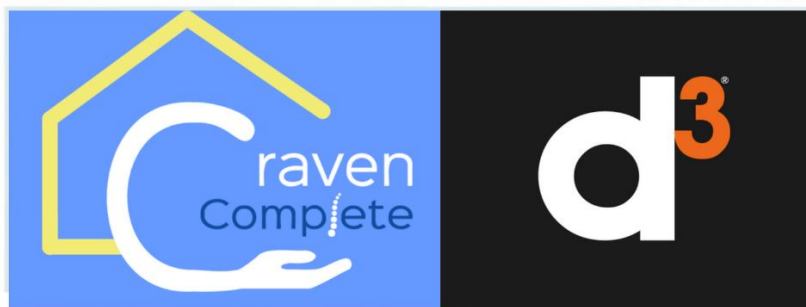
£20



## Junior Massage

"Leave feeling refreshed. Massage helps children recover faster, enjoy rest, sport, and build good habits."

£12



## Walk ins Welcome



07539660422  
Text or call to book



[info@cravencomplete.co.uk](mailto:info@cravencomplete.co.uk)

SINCE 1875  
**MORNFLAKE**

# BREAKFAST THAT GOES THE DISTANCE



## PROUD TO SUPPORT UK TRIATHLON

[MORNFLAKE.COM](https://www.mornflake.com)





Thank  
you

## You're amazing!

Progress is only made possible by the extraordinary efforts of people like you.

Thank you to all our supporters - you're powering research!

It's not too late to join our team and help beat cancer.

Sign up today at [cruk.org/team](https://cruk.org/team)



Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041656), the Isle of Man (103) and Jersey (247) © Cancer Research UK 2024

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Together we are  
beating cancer

# SEARCH MY SPORT PHOTOS



## SEARCH

Making it easy to search for your photos by Bib Number & Selfie!



## PROFESSIONAL

You can concentrate on your race and we'll take care of your photos!



## ONLINE

Your Photos will be online within 24 - 48 hours after each race



SCAN ME

